

House Resolution 910

By: Representatives Benfield of the 85th, Millar of the 79th, and Cooper of the 41st

A RESOLUTION

1 Commending the American Heart Association and recognizing March, 2009, as Nutrition
2 Month at the state capitol; and for other purposes.

3 WHEREAS, a healthy diet and lifestyle are the best weapons against cardiovascular disease;
4 and

5 WHEREAS, simple steps can create a healthy lifestyle and can result in long-term benefits
6 to an individual's overall health and heart health; and

7 WHEREAS, the American Heart Association is a national voluntary health agency devoted
8 to building healthier lives that are free of cardiovascular diseases and stroke; and

9 WHEREAS, originally called the Association for the Prevention and Relief of Heart Disease
10 in New York City, the American Heart Association was established in 1915 by a group of
11 physicians and social workers concerned about the lack of information regarding heart
12 disease; and

13 WHEREAS, over the last century, the American Heart Association has been dedicated to
14 providing the public with credible heart disease and stroke information in order to prevent
15 and treat such life-threatening ailments; and

16 WHEREAS, the American Heart Association has designated March as Nutrition Month,
17 providing quality education and informative programs throughout the month related to
18 improving one's overall health and in turn reducing one's risk for stroke and cardiovascular
19 disease; and

20 WHEREAS, to maintain a healthy lifestyle it is vital to burn at least as many calories as you
21 eat each day, which requires cognizance of the amount of calories in food and exercising for
22 at least 30 minutes each day; and

23 WHEREAS, a healthy lifestyle requires eating a variety of nutritious foods from all the food
24 groups, focusing on nutrient rich foods that are high in vitamins, minerals, and fiber and low
25 in calories; and

26 WHEREAS, eating less nutrient-poor foods such as those with trans-fats, high cholesterol,
27 saturated fats, and high levels of sodium will reduce the chance on developing cardiovascular
28 disease; and

29 WHEREAS, avoiding tobacco products is essential to preventing heart disease and
30 promoting a healthy lifestyle; and

31 WHEREAS, through the guidance and initiatives of the American Heart Association, all
32 Americans can take control of their heart health and reduce their risk for cardiovascular
33 disease and stroke.

34 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
35 the members of this body commend the American Heart Association for its efforts in creating
36 healthy Americans and increasing awareness of heart disease and recognize March, 2009,
37 as Nutrition Month at the state capitol.

38 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized
39 and directed to transmit appropriate copies of this resolution to the American Heart
40 Association and members of the public and the press.